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ABSTRACT

Written for teenage parents, this book is designed to help them use appropriate methods of discipline for their infants and toddlers. Chapter 1, "Discipline Is Important!" defines discipline and discusses the importance of setting limits. Chapter 2, "Infants and Discipline," concerns the importance of parents disciplining themselves to meet infants' needs during the first 6 months. Chapter 3, "He's Crawling--Help!" focuses on discipline during the second half of baby's first year, including feeding and bedtime concerns. Chapter 4, "Child-Proofing as Discipline," discusses preparing the environment to safely nurture infant curiosity. Chapter 5, "One to Two Years--Into Everything," addresses toddlers' growth of independence, scribbling and painting, problems with biting, and the importance of imitation. Chapter 6, "Yelling, Spanking Don't Help," deals with problems posed by and alternatives to corporal punishment. Chapter 7, "Two to Three Years--Your Busy Runabout," discusses the toddlers' skills, their desire to imitate and be in control, and temper tantrums. Chapter 8, "Don't Rush Toilet Training," provides guidelines for respecting children's feelings while toilet training, toileting readiness, and tips for success. Chapter 9, "Focus on Mom and Dad," addresses challenges to teenage parents, stresses of parenting, self-confidence, and fathers' role. Chapter 10, "When Too Much Goes Wrong," identifies stresses of teenage parenting, defines child abuse, and suggests sources of support. Chapter 11, "When Grandparents Help Discipline," concerns the importance of consistency in discipline when there is more than one caregiver. Chapter 12, "Ten Strategies that Work," summarizes effective discipline strategies for infants and toddlers. Contains 17 references. (KB)

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